

Beef Stir-Fry

Meal Components: Vegetable - Dark Green, Vegetable - Red / Orange, Meat / Meat Alternate

Main Dishes, D-39A

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Cornstarch	4 1/2 oz	1 cup	9 oz	2 cups	1. Dissolve cornstarch in water and soy sauce. Add ginger, granulated garlic, and pepper.
Water, cold		1/2 cup		1 cup	
Low-sodium soy sauce		1/2 cup		1 cup	
Ground ginger		1/2 tsp		1 tsp	
Granulated garlic		3 Tbsp		1/4 cup 2 Tbsp	
Ground black or white pepper		2 tsp		1 Tbsp 1 tsp	
Low-sodium beef stock, non-MSG		2 qt		1 gal	2. Heat beef stock to a boil and slowly stir in cornstarch mixture. Return to a simmer. 3. Cook for 3-5 minutes, until thickened. Remove from heat.
*Fresh carrots, peeled, 1/4" chopped	5 lb 10 oz	1 gal 1 1/2 qt	11 lb 4 oz	2 gal 3 qt	
OR	OR	OR	OR	OR	4. Prepare no more than 50 portions per batch. Sauté carrots in oil for 4 minutes.

Vegetable oil		1/2 cup		1 cup	
*Fresh onions, diced	1 lb 6 oz	3 2/3 cups	2 lb 12 oz	1 qt 3 1/3 cups	5. Add onions and cook for 1 minute
*Fresh broccoli, chopped	4 lb 1 oz	1 gal 3 1/4 qt	8 lb 2 oz	3 gal 2 1/2 qt	
OR	OR	OR	OR	OR	6. Add broccoli and cook for 2 more minutes. Remove to steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. Add salt. Keep warm.
Frozen mixed oriental vegetables	4 lb 15 oz	2 qt	9 lb 14 oz	1 gal	
Salt		2 tsp		1 Tbsp 1 tsp	
Raw boneless beef to round (inside, cap off), cut in 1/2" cubes	10 lb		20 lb		7. Sauté beef cubes in oil for 2-3 minutes. Add beef to vegetables in steamtable pan. Add sauce and mix to coat beef and vegetables.
Vegetable oil		1 cup		2 cups	
8. CCP: Hold for hot service at 135° F or higher. Portion with 2 rounded No. 10 scoops (3/4 cup 1 Tbsp).					

Notes

Comments:
*See Marketing Guide.

Special Tips:

- 1) For an authentic Asian flavor, substitute ¼ cup of sesame oil for ¼ cup of vegetable oil to sauté beef, for each 50 servings.
- 2) Fresh vegetable mixes can be varied to include combinations of broccoli, cabbage, celery, Chinese pea pods, onions, peppers, and water chestnuts.
- 3) Reduce salt if using regular soy sauce.
- 4) If using Oriental vegetables, add frozen vegetables to sautéed beef in step 7.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Marketing Guide		
Food as Purchased for	50 Servings	50 Servings
Carrots	6 lb 13 oz	13 lb 10 oz
Mature onions	1 lb 9 oz	3 lb 2 oz
Broccoli	5 lb 1 oz	10 lb 2 oz

Serving	Yield	Volume
3/4 cup 1 Tbsp (2 rounded No. 10 scoops) provides 2 oz equivalent meat, 1/4 cup dark green vegetable, and 1/4 cup red/orange vegetable.	50 Servings: about 23 lb 4 oz	50 Servings: about 2 gallons 2 quarts
	100 Servings: about 46 lb 8 oz	
		100 Servings: about 5 gallons